

JUMP-START!

LETTER TO PARENTS/GUARDIANS WEEK 8: ASSERT YOURSELF

Dear Parents/Guardians:

As part of JUMP-START! this week, we are focusing on *asserting yourself*. Asserting yourself shows others that you respect yourself and will stand up for yourself. Asserting yourself is different from passive behaviors by people who may be too afraid and too quiet to stand up for their rights. Assertive behaviors are also very different from aggressive, violent behaviors that hurt others. Please talk with your child about the difference between these behaviors. Encourage your child to practice strong, assertive behaviors.

Fun Family Tip:

- © Practice assertive behaviors with simple role-plays at the dinner table or even in the car. Have your child practice making assertive statements such as, "Stop that" or "Leave me alone." Reverse roles. Have your child be the "bully," and respond with appropriate assertive statements. Your child will get a big kick out of hearing your responses, and this will help him/her remember them better!

Have a great week!

